

4 Ways to Prevent Low Vitamin D

Want to learn how to boost your vitamin D levels? Here are three things you can do:

1. Spend 10 to 15 minutes a day in the sun



Too much time in the sun without proper protection increases your risk for skin damage and cancer. However, 10 to 15 minutes of sun exposure is enough to help you get the vitamin D you need.

2. Eat more vitamin-D-rich foods



Fish contains more vitamin D than most foods. Try tuna, mackerel, and salmon. Also look for foods fortified with vitamin D like dairy products, orange juice, soy milk, and cereals.

Vitamin D: Sun v. Food

How does sun exposure measure up to food for vitamin D? Check this out:

- An 8-ounce glass of fortified orange juice contains about 100 IU of vitamin D.
- A 6-ounce serving of salmon contains 400 to 600 IU of vitamin D.
- Spend 10 to 15 minutes in the sun, and your body can make up to 20,000 IU of vitamin D.

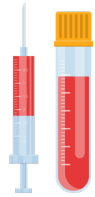
3. Take a vitamin D supplement



If a blood test shows that you are vitamin D deficient, your doctor

may recommend taking a multivitamin or vitamin D supplement. If you live in northern regions of the world, or don't spend a lot of time in the sun, it's also a good idea to take a vitamin D supplement during the winter months.

4. Ask your doctor about a vitamin D blood test



If you want to check your vitamin D levels, talk to your doctor. A simple blood test called a 25(OH)D blood test is all you need. An ideal level of vitamin D in your blood is 30 ng/mL, according to the Endocrine Society.

When Jamie Stone woke up every morning with body aches and pains, feeling exhausted, and in a funk, she thought she might be dying. But it turned out to be low vitamin D levels.

"I followed my doctor's orders and about a week or so later I saw a surprising difference in my health and overall mood," says Stone. "The funk was totally gone, my back pain... wasn't as bad, and I was no longer getting winded going up stairs."

Vitamin D facts
<http://tinyurl.com/4waf1wq>

The Truth about Vitamin D Deficiency



If you are not getting enough vitamin D in your diet or from the sun, you have a vitamin D deficiency. And it's more common than you might think.

An estimated 42 percent of all adults in the United States have low levels of vitamin D. It's even higher in certain groups (African Americans, Hispanics, the elderly).²

Most people with low vitamin D levels will not have any symptoms until it gets very low. But low vitamin D levels can lead to:³

- Certain types of cancer
- Depression and mood changes
- Diabetes
- Falls
- Fatigue
- Frequent illnesses
- Heart disease
- High blood pressure
- Inflammation
- Joint pain
- Muscle cramps
- Poor bone health

How much Vitamin D do you need?

Not all health organizations agree on how much vitamin D you need. For example:

- **The Centers for Disease Control and Prevention** recommends adults and children get at least 600 International Units (IU) of vitamin D per day.
- **The Endocrine Society** recommends 1,500 to 2,000 IU of vitamin D per day for adults; 1,000 IU per day for children.
- For most people: at least 600 IU up to 4,000 IU is safe for adults and children.

Food sources for vitamin D
<http://tinyurl.com/nowumpm>

References

1. Hernandez, J., et al. (2020). Vitamin D status in hospitalized patients with SARS-CoV-2 infection. *Journal of Clinical Endocrinology & Metabolism*, dgaa733. From: <https://tinyurl.com/y2atwoqd>
2. Parva, N., et al. (2018). Prevalence of vitamin D deficiency and associated risk factors in the U.S. population. *Cureus*, 10(6): e2741. From: <https://tinyurl.com/y9a6b2e4>
3. Centers for Disease Control. (2020). Vitamin D: Fact sheet for health professionals. From: <https://tinyurl.com/zh1azwy>

